

**WHAT IS CLAIMED IS:**

1. A method of heat-treatment of a package, comprising the steps of:  
placing a number of packages in a retort,  
5       pressurising the retort to a first pressure by the supply of a gaseous  
pressurisation medium with low moisture content, such as air or the like,  
supplying a heating medium for heating the package and the product packed in  
the package,  
raising, in connection with the supply of the heating medium, the pressure in  
10       the retort to a second pressure, and  
reducing, during the final phase of the heat-treatment, the pressure in the retort  
in such a manner that the pressure of the product packed in the package is higher than  
or equal to the pressure prevailing in the retort outside the package.
- 15       2. The method as claimed in Claim 1, wherein said first pressure is at least  
approximately 1 bar, preferably approximately 2 bar, or more preferably 3 bar.
- 20       3. The method as claimed in Claim 1, wherein said first pressure is  
approximately the same as said second pressure.
- 25       4. The method as claimed in any of the preceding Claims, wherein said second  
pressure is of the order of magnitude of 3 to 6 bar, preferably approximately 4 to 5  
bar.
- 30       5. The method as claimed in any of the preceding Claims, wherein said  
heating medium is steam.
6. The method as claimed in Claim 5, further comprising the step of supplying  
water via a number of nozzles to the outside of the packages.
7. The method as claimed in any of the preceding Claims, comprising the step  
of selecting, as package, a package of a paper-based packaging laminate.